BRADYCARDIA (Slow Heart Rate)

BRADYCARDIA (slow heart rate) can be a red flag that the heart’s electrical system isn’t working as it should.

PAY ATTENTION if your heart rate is lower than 50 BEATS PER MINUTE.

FOR SOME, A SLOWER HEART RATE IS NORMAL & no treatment is necessary

HOW IT IS TREATED

- TREAT CONDITIONS that might play a role
- ADJUST CERTAIN MEDICATIONS

Sometimes A DEVICE (PACEMAKER) to help a heart beat regularly is needed

WHAT YOU CAN DO

- If your heart beats too slowly, YOUR BRAIN & BODY MAY NOT GET ENOUGH OXYGEN. Then you may EXPERIENCE:
  - Dizziness
  - Fainting
  - Shortness of breath
  - Fatigue
  - Confusion
  - Difficulty exercising
  - Chest pain

- Learn to TAKE YOUR PULSE
- REPORT SYMPTOMS to your care team
- Keep your HEART HEALTHY
- REVIEW ANY MEDICINES you take at every health visit

If you feel faint, have shortness of breath or chest pain, CALL 911

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

Go to CardioSmart.org/Bradycardia to learn more about this heart condition.

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